

THE BORROWDALE NEWS

February - March 2025 Edition



Painting by Adrian Paye



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BORROWDALE.....NATURALLY

Article by Pete Barron, Rosthwaite

A bird with a distinctive call and song, constantly bobbing up and down, maybe you guessed... the aptly named Dipper is a perfect name for this bird of clean fast flowing water courses. Others have equally descriptive names; in Norwegian it is the 'waterfall caller' and in Danish the 'water starling' both referring to the high-pitched singing and calls which are often the first indication of a bird by the river.

We are fortunate enough to have Dipper on our watercourses in the valley. A bird which generally needs fast flowing clean water which has an underwater food supply such as stonefly larvae. The birds are chocolate brown with a chestnut underbelly and distinctive white bib.



Dipper feeding
Photo credit: John Cole

When feeding, Dippers walk into and 'swim' underwater to turn over stones to reveal their favourite larvae although they will also sometimes eat small fish. They are unique in the UK for this habit which is aided by a third, transparent eyelid which is a membrane enabling them to see underwater. Next time you see a Dipper by the beck watch for it blinking, the white flash is the membrane covering the eye.

Dipper pairs take up a beck side territory in late winter and can be starting to nest in mid-March in a mild winter with their dome shaped nests being made of moss, grass and lined with leaves to provide insulation. Quite camouflaged, the nests are often on a feature such as a bridge or crag ledge overhanging the water. The female does the egg incubation of up to 5 eggs for about two weeks.



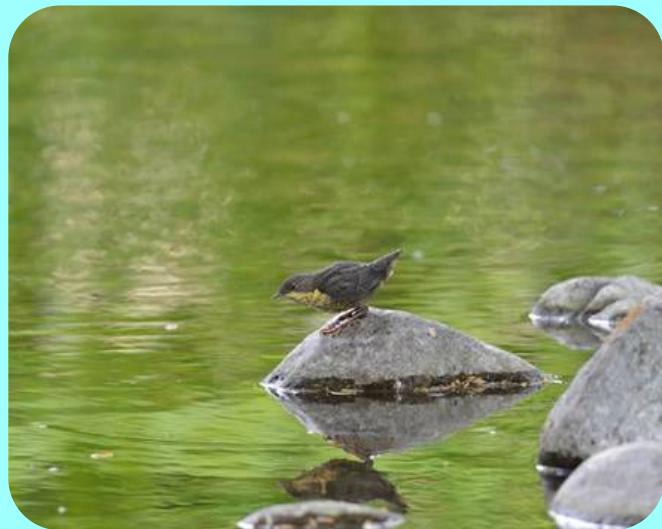
Dipper entering moss dome nest to feed chicks

Photo credit: John Cole

Pollution is the enemy of the Dipper as acidification from conifer plantations, chemical input from sheep dip and sewage from septic tanks and water treatment works will all make the water too enriched and reduce dissolved oxygen for the all-important larvae to thrive. We are fortunate in Borrowdale that the water courses are generally clean, although not perfect, a saving grace which we don't always appreciate (!) is the high through put of water due to high annual rainfall diluting some pollutants.

A future threat is the ever-loomng change in the climate altering regular river flow and temperature, affecting both the Dipper and food supply.

Fun fact: how amazing is it that Dipper have more haemoglobin in their blood to give more oxygen for underwater feeding along with a high metabolic rate to maintain body heat in cold water.



Juvenile Borrowdale Dipper about to take the plunge for the first time
Photo credit: John Cole

How wonderful is nature (!) and how lucky we are that we can see Dipper any day in Borrowdale with a bit of searching.

Happy Dipping.

All the superb Dipper pictures were taken in the valley by John Cole.

SPOT THE SPOT....



Hedgerows, woodland management and boundaries

The ranger teams have been busy with winter woodland management work such as hedge laying and coppicing, as well as continuing to maintain and fix boundaries in the valley.

It has been a real team effort working on the fences at Stonethwaite. On a frosty day in November, it was all hands on deck as the Build Our Boundaries team were joined by the rest of the estate team and Fix the Fells rangers, near Eagle Crag, to get the job done. This work will help protect the surrounding woodlands from overgrazing so they can regenerate and grow stronger in the face of climate change.



Fixing fences at Stonethwaite
Photo credit: Greg Dobrzanski

In early December, with Storm Darragh just around the corner, Fix the Fells held its annual Christmas bash. A group of fifty four hardy volunteers came out to help with hedge laying and some dry stone walling in the fields between Thorneythwaite and Seathwaite in the Borrowdale valley.



Hedge laying at Thorneythwaite
Photo credit: Martin Mikkelsen-Barron

Together, they got through a few hundred metres of an old hedge, which should come back looking much stronger over the coming years, providing shelter and food for wildlife. The day was a great success with everyone in the winter spirit and gearing up for Christmas it was a fun social gathering and we just about beat the incoming bad weather!

Those not hedge laying or dry stone walling went out to do some path maintenance work and path building on the Stonethwaite path. Old water bars were reestablished and new ones built to help with shedding water from the path.

Back at the Bowe barn office efforts this winter are being made to set up a tree nursery with some seed beds being made to grow local trees from a local seed source.



Coppicing at Great Wood
Photo credit: Greg Dobrzanski



Coppicing at Great Wood
Photo credit: Greg Dobrzanski

The community coppicing days at Great Wood have been going well with additional dates still to come. Thank you to everyone who has joined us so far. It is always great to see volunteers come to help with forest management in their own backyard.



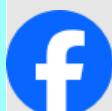
National
Trust

Upcoming events:

Community coppicing days

Join us in Great Wood for another chance to help out at our community coppicing days. Volunteer alongside our rangers, as you enjoy a day out in the Borrowdale Rainforest National Nature Reserve and take home some wood for gardening stakes, firewood, or whatever you like.

Saturday 15 February and Saturday 15 March,
10am to 3pm from Great Wood car park



Please follow our facebook page to hear more about what our rangers are up to as well as more information on events. @ntlakesnw

Fix the Fells team updates

Article by Owen Browning
Assistant Ranger at the National Trust



In October, our rangers came off the fells for the winter, allowing an opportunity to reflect on what was a season of change for the North path team. Caroline left the team to become a ranger supervisor for the South team, leaving big shoes to fill. In her place came Patrick, who has settled in well with the team. This comes after joining the team mid-way through the season myself, immediately getting stuck into project work on the Coast to Coast path. This took us far away from our usual neck of the woods, both at the foot of Kidsty Pike and by Angle Tarn near Ullswater.



National Trust Fix the Fells_Kidsty Pike before
Photo credit: Owen Browning

Work was completed at the foot of Kidsty Pike in autumn. This involved applying the finishing touches to the hard work done during the summer, including a side drain, some additional pitching at the top of the path and reenforcing the bench path with more sustainable path material. There was no rest for Coast to Coast path work as our next project took us to the foot of Angle tarn in the beautiful area surrounding Ullswater.

We completed work on two sections of path. Firstly, we widened a section of path that was previously flowing with water; to then make this a sustainable line we created a side drain and topped the path with good path material, whilst also landscaping to prevent people from using the side paths created from erosion on the path.



National Trust Fix the Fells_Kidsty Pike after
Photo credit: Owen Browning

Our second piece of work by Angle Tarn included a tricky section of pitching to allow for access through a peat bog. The previous pitching had sunken into the bog, leaving us with the task of creating a new line whilst also maintaining the hydrology of the peat bog. We also created around 20 metres of sustainable path material whilst blocking access to side paths through landscaping.

The constant battle with Cat Bells continued throughout 2024, with lots of little jobs completed with the help of our wonderful volunteers. This involved removing old pitching and using the stone to block side paths that have caused erosion. Due to the lack of stone on Cat Bells and flying it in being impossible, the team have had to find innovative ways to tackle erosion, mostly involving landscaping. Although this battle continues, we can see that the work done on Cat Bells is effective and having a positive impact.



National Trust Fix the Fells
Volunteer work party on Cat Bells
Photo credit: Owen Browning



Earlier on in the season, we finally managed to complete the work on a section of path by Ashness. This came after many hours of work put in by our volunteers, spanning back to the Blitz that took place during 2023. Last year we managed to complete this work, involving lots of landscaping, leaving a finished product we can all be proud of.

SPOT THE SPOT ANSWER



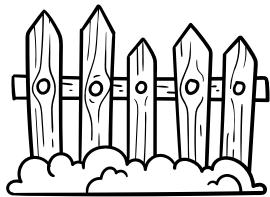
The Sam Hicks organ is found in St Andrew's Church, Stonethwaite. The pipe organ arrived in Borrowdale in 1901 built by Blackett and Holden. It was lovingly restored by Sam Hicks in the 1970s using parts of an organ from the Baptist Church in Beverley. It has now been totally rebuilt by John Lightbrown and Son, Organ Builders of Tynemouth.

BORROWDALE....FARMING

Article by Craig Fearon



In February the sheep will be gathered from the fells for pregnancy scanning. Contractors go round all the farms with specialist sheep scanning crates and ultrasound scanners. They are able to determine how many lambs each ewe has. The usual for Herwicks is a single lamb. Some will have two but very rarely will any have three. Those scanned with a single lamb will go back to the fell until nearer lambing time in mid April. Ewes scanned with twin lambs are usually kept in the fields and fed hay/silage and sometimes grain to help with the extra demand of two lambs. Geld ewes (ewes with no lambs) are usually sent to the abattoir for mutton.



In March we try to get walling and fencing jobs done, ready for the ewes coming in for lambing. As well as this, the gimmer Hoggs (last years female lambs), which are currently away on dairy farms for the winter, will be coming back at the end of March. They will need dosing for fluke, worms and treated for ticks before going back to the fell. The wether Hoggs (last year's male lambs) which are also away for the winter being fattened on grass, will be taken to the auction.



Submit your articles
for inclusion in the Borrowdale News
by emailing:
borrowdalenews@gmail.com



CHRISTMAS 2024

Article by Patricia Roscamp

I wanted to say how beautiful Grange church was for the Carol Service. A huge thank you to Mark Radcliffe who has managed to get the old oil lamps working and for spending so much of his time filling them with paraffin, lighting them and turning them off.

Since 1964 when my parents came to Riggside, I've longed to see them lit. It was a great joy to sing the old carols and hear Bible readings when Jesus was wrapped in "swaddling bands" and shepherds were "sore afraid." Christmas morning it was strips of cloth and shepherds - terrified. In this 2024/25 world that's a word so frequently used with our wars and hatred and folk terrified on our own streets, that "sore afraid" really makes you think of what great fear is.

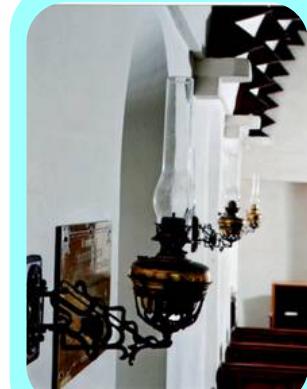
Those oil lamps and candles gave such a warm and comforting feel.

Just one of the oil lamps was not able to be repaired and if anyone has something like this, or parts of an oil lamp in a loft, shed or barn that might help, please let us know.

I shall pursue trying to get something done.

It would be lovely if they could be complete for the next occasion.

May we all have a good 2025 in every way.



It was revealed in a recent government survey that the prime minister is doing the work of two men: Laurel and Hardy!

BORROWDALE SCHOOL UPDATE



SOME OF THIS SEEKS A LONG TIME AGO!....



What an incredible performance from our youngest pupils at our nativity! Thank you to everyone who attended the service.



Class 1 had a wonderful morning visiting the life-sized Christmas nativity at Crosthwaite Church. They had learnt about the Christmas Story in class and they knew the answer to every question, well done everyone! The session ended with a craft, story and singing of some songs.



Christmas dinner!



In January Class 1 took part in a Water Workshop. They looked at where we use water, how water gets to our taps/baths etc and did an experiment about why we should only put toilet paper down the toilet.

THE EXCITING ADVENTURES OF HARVEY THE CAT AROUND DERWENT WATER

Article by Anne Cornthwaite

After losing our last farm cat in 2018 at the age of 18 the boys knew that all I wanted was a tabby cat called Charlie. After much searching I decided a couple would be company for each other. We found two kittens, Harvey and Charlie who settled in well, and after a few weeks were neutered and microchipped. We kept them in for several weeks and gradually let them out so they could explore their new home. Harvey was slightly more adventurous than Charlie.

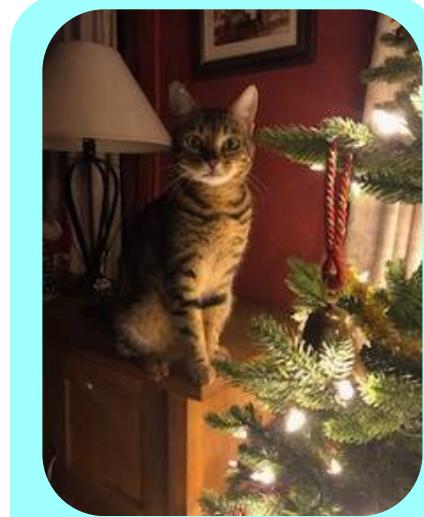


Harvey and Charlie - still friends April 2019

In November 2019 I went on an extended holiday to New Zealand for the arrival of a grandchild. In the second week of December Harvey went missing. Just before Christmas I contacted Pets Lifeline as a last resort. They told me there was a pretty tabby roaming around Grange. I was sure even from New Zealand that this was Harvey, and told the boys to rescue him from The Bield. Sure enough, it was him.

By 30 December, Harvey was missing again. Perhaps he had a girlfriend across the lake! He was again rescued on 5th January from the Bield. I arrived home on 10th January and kept them in for 10 days, spoiling them rotten. I let them out again on 20th January and I've never seen Charlie since that day.

I travelled with a cat basket in my car for about a year, hoping I would find him. Harvey stayed close for a while, then occasionally vanishing for a night or two but always came home.



Harvey 'I'm a perfect cat!'

In November 2023 we decided to give a home to a pure Bengal, called Benny.

To give them more space, in May last year we installed a cat flap operated by their microchips. I could now use the app on my phone to see when they went in and out. Harvey continued to disappear but always returned. On 10th July, Benny arrived home with a badly injured leg and was treated by the vet. He recovered, but a week later Harvey vanished on 25th August. At this time my neighbour, Carl, said he put an Apple tag on his cat to trace him. I promptly purchased 2 collars and tags.



Harvey and Benny 'Peace'
Nov 2024

Here is a brief record of their wanderings:

August 30 and 31st: Benny was visiting Ashness Lodge. September 6th: Harvey's adventure was Kettlewell Lodge and Troutdale Beck. 7th: Derwent House, The Joinery, Cockley How Studio, Manesty and Borrowdale Gates Hotel (BGH). 9th: The Bield and BGH. 10th: Sheepwalks, BGH, Gratitude, Cockley How Studio, and Caravan Club. 11th: BGH am and pm. 12th: Blea Crag and BGH. 13th: The Joinery and home by 5.45 with a smug look on his face saying 'you don't know where I've been.'

Benny continued to visit next door while Harvey was away.

Harvey left home again on 30th September returning on 12th October in time for breakfast. This time he went via Greenbank and BGH visiting many of his old haunts, but went as far as Fellside Holiday Cottages nearly 6 miles away. On the 11th I thought he'd used up all his lives when he appeared on the road near High Rigg.

He then vanished on 25th October visiting Manesty and BGH. He was at Dancing Ghyll late on the 27th and home by breakfast. On 7th November he went to his favourite place, BGH, for breakfast and lunch, then onto The Bield for dinner.

What is so exciting about across the lake?....Is someone feeding him? Are the mice bigger and better? Is Charlie still alive and living round there? Has anyone seen him?

“A VALLY HEMMED IN WITH CROOKED HILLES”

Article by Freda Chapman

In the late 16th century, William Camden undertook several tours of Britain, publishing his findings in 1586. I've not been able to trace which edition of "Britannia" this first appeared in (complicated by the originals being in Latin), but he is said to have visited Cumberland in 1599. This translation to English was made in 1607, and includes his views on Borrowdale. From his point of view as a Londoner, the main interest was the area's minerals. He was also quite impressed by Skiddaw.

Spelling from the original.



After this, the river Derwent hideth himselfe in the Ocean; which having his first beginning in Borrodale, a vally hemmed in with crooked hilles, creepeth betweene the mountains called Derwent Fels; wherein at Newlands and elsewhere copper mines were discovered by Thomas Shurland and Daniel Hotchstatter, a German of Auspurge, in our daies, and yet the same these knownen before, as appeareth by clole [close] rowles of King Henrie the Third n. 18. Upon the discoverie of these mines there was a memorable case in law betweene the late Queene Elizabeth of sacred memorie and Thomas Percie Earle of Northumberland, in whose Lordship they were found, but in regard of the queenes roiall praerogative, and for that there were in them veines of gold and silver, they were adjudged to the queene. But hereby it is wel seene how untrue it was that Cicero wrote in his Epistles unto Atticus, This is for certaine knownen, saith he, that there is not in the lland Britaine so much as one scruple of silver. Neither would Caesar, if he had knownen of these mines, have written that the Britans had use of coper brought into them from other parts beyond sea, seeing that the mines not onely serve England over, but also afford great plenty beside, that is carried yeerely forth of the Realme.

Heere also is commonly found that minerall kind of earth or hardned glittering stone (we cal it Black-lead) with which painters use to draw their lins and make pictures of one colour in their first draughts: which whether it bee pnigitis or melanteria, spoken of by Dioscorides, or Ochre, a kind of earth so burnt with heat that it becommeth blacke, or whether it were unknownen unto the old writers, I cannot certainly averre, and let others for me search it out. Derwent, after it hath passed through these hilles, spreadeth abroad into a large lake, Bede tearmeth it praegrande stagnum, that is, a very great poole, wherein are three llands eminent above the water. The one hath an house in it of the Ratcliffes, a family of Knights degree; the second is inhabited by the Dutch Minerall men; the third is thought to be that wherein, as Bede writeth, Saint Herbert lived an Heremeticall life. On the very skirt of this botome, in a pleasant soile, compassed about with deawy hilles and fensed on the North side with that high mountaine Skiddaw, lieth Kesike, a little towne which King Edward the First made a Mercate by the procurement of Sir Thomas of Derwentwater Lord of the place, from whom it lineally descended to the family of the Radcliffs.

‡ It was well knownen many yeeres agoe by reason of the mines of copper, as we may see in a certaine Charter of King Edward the Fourth, and is at this day much inhabited by Minerall men, who have heere there smelting house by Derwent side, which with his forcible stremme and their ingenious inventions serveth them in notable steede for easie bellowes workes, forge workes, and sawing of boords, not without admiration of such as behold it.

‡ As for that mountaine Skiddaw aforesaid, it riseth up to such an heighth with two heads like unto Parnassus, and with a kind of emulation beholdeith Scruffell hill before it in Anandale within Scotland, that from these two mountaines, according as the misty clouds arise or fall, the people thereby dwelling make their prognostication of the change of wether, and commonly sing this note:

If Skiddaw hath a cap
Scruffell wots full well of that.



Like as there goes also this usual byword concerning the height as well of this hil, as of other twaine in this tract:

Skiddaw, Lauvellin, et Casticand,
Are the highest hils in all England.



FROM YOUR PARISH COUNCIL



Article by Andrew Webb

I met recently with Sally Lansdale our new Cumberland Councillor and here is an update. Sally and the highways engineer surveyed and videoed the road not too long ago and are sticking to their view that it is not in unreasonable condition. Sally says, however, that they are quite good at fixing specific things that we report, but will only fix the pothole(s) that they are contracted to, and only when they are 30mm deep. They will ignore any unreported ones next to it. So, please, do report any online.

Sally's trying to find out if the flooding at Castlehead is just a drain needing clearing, or a blockage on private land that requires the threat of legal action against the landowner, like last time. They are hoping to trial a smaller refuse lorry that will be able to collect from more of our narrow lanes.

A bit of hopeful news: the highways engineer is applying to the active travel fund to raise money to get our 'hardened verges' cleared for walkers (still no admission of responsibility, but they are trying). This would save the parish a considerable amount of money if, and when, we were ever allowed to do it.

Sally has been campaigning for a while about the excess number of second homes and holiday lets in Keswick. She now knows that in Borrowdale it is even worse. She is pressing the council to bring in higher tax for second homes. Unfortunately holiday lets pay business rates direct to the government instead. She's also enquiring if the cost of tickets for obstructive parking can be raised enough to actually be a deterrent, without the new rate having to apply for all over Cumberland, which is currently what is stopping them doing it.

There are plans to get all the interested parties together to take a new look at improving traffic flow through Keswick, reducing our tailback. There isn't an easy solution.

Castlehead Duck Puddle: this spread ice all over the road in January and many of you reported it. Sally states 'We can confirm that we are currently working with the landowner, as well as our legal team to have an easement put in place. Once this is completed, a filter drain will be installed across the field.' I thought this had already been done, seems not!



LENT....



Well it's forty days "looking in" - reflection on the secret life which is growing in each of us - facing up to the disappointments and failure of us as individuals and as society as a whole. Looking for little seeds of hope and expectation and change and growth - all that sort of "inspire of" stuff.

A miserable time? No way - it's a happy time, a self-indulgent and exciting forty days!

Have a Happy One!

Malcolm



P.S. If you are looking for a Lent discipline or resolve how about 10am Holy Trinity, Grange for Ash Wednesday (5th March), Maundy Thursday (17th April) and Good Friday (18th April)?

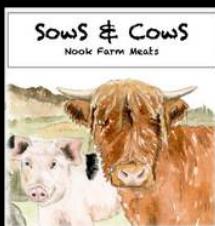
FARMERS' MARKET

Local meat available from Nook Farm, Rosthwaite

Pork!

Joints
Diced meat
Sausages
Black Pudding
Pork Chops
Burgers
Gammon

Breakfast packs also available -
Sausages, Bacon, Black Pudding,
Eggs.



Contact Faye: 078857 721786
nookfarm.borrowdale@gmail.com
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Nook Farm - Rosthwaite

REV CHARLES HOPE WRITES...

Malcolm had a conversation with me recently expressing his wish to step back from formal ministry from the end of April this year. These things are best said publicly so that everyone knows what is going on.



We all know Malcolm has done a huge amount for the life of the community and the church here in the valley since he and Judith retired here back in 1999. As well as a huge amount elsewhere around the diocese and in other dioceses in other parts of the county too. But the time comes for all of us to know when 'to hang up our spurs'. And that is what Malcolm has told me he is doing.

This means he will not be taking weddings, funerals and baptisms after April. Nor will he be leading Sunday Services on a regular basis thereafter either.

I know he will be a huge miss. I will miss him as a valued colleague. Others will miss his wisdom in sermons and pastoral care etc. But over the past few years he has been stepping back from his other roles within the valley and new people have come forward to take on those roles. And I am sure that will happen in our church too.

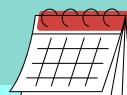
Of course, he will still be here in the valley, and we can still enjoy his company and friendship, God willing, for years to come.

At this stage, I just want to say, publicly – thank you Malcolm for everything you have done to support, develop and further the life of the valley in community and in church.

Charles



PLEASE LET US KNOW IN GOOD TIME OF ANY EVENTS, NEW OR RECURRING,
FOR INCLUSION IN THE CALENDAR



BIBLE BOOK CLUB



On a cold winter evening there's nothing like curling up in a comfy chair with a good book. In the eight weeks running up to Easter there's an opportunity to join others reading what is sometimes known as 'the' good book, i.e. the Bible, during the week and then come together to share thoughts on what we have read. Immerse is a resource in which The Living Translation of the Bible has been reprinted as six paperbacks with numberings and headings removed and presented in a style that matches the literary genre e.g narrative or poetry so you can read it in a similar way to reading a novel. When we read it in big chunks we understand it differently.. we see the big picture.... You are free to read it as literature or religious text and respond to it in your own way.

When? February 23rd -April 13th

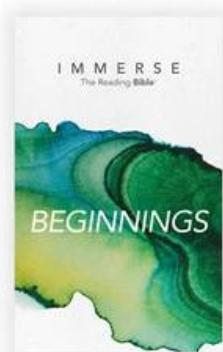
6.00pm Soup

6.30pm -7.30pm Open discussion



Where? The Institute, Rosthwaite

How much reading? Approx. 20-30 minutes
reading 5 days a week



Everyone welcome - if you have never ever picked up a Bible before or you feel you know it well (or somewhere in between)- we are all likely to find something new by reading it in this way and hearing what others have to say.

Copies of Beginnings can be bought online - new or second hand.

Please read up to page 45 before coming to the session on 23rd Feb as that is the section that we will be discussing that evening.

If you are planning on coming it would be helpful - but not essential - if you let me know. Also feel free to get in touch if you have any questions about the Book Club
juliemcleish@aol.com



Book Club

BORROWDALE CEILIDH



Saturday 22nd February
At: Borrowdale Institute
6:30 - 9:45pm (Doors open 6:00pm)

Featuring: Striding Edge Ceilidh Band

Tickets available at Eventbrite
£6 for adults/free for under-18s



BORROWDALE CEILIDH

Chase away those winter blues with an evening of traditional music, dancing, food and drink!

Buy your tickets now!

Tickets available at Eventbrite

£6/ adult

Under 18s free

With thanks to the Borrowdale Story for sponsoring this event



Submit your articles or dates for the calendar to:
borrowdalenews@gmail.com



THE UNIVERSITY OF THE THIRD AGE

Skiddaw u3a

Events of Skiddaw u3a

19th February: Cyber Crime - talk by Niall McNicholas

A cyber dependent crime specialist from Cumbria Police will share expert advice on safeguarding your digital world.

19th March: Communities and Landscape - talk by Friends of the Lake District
Communities & Landscape

Venue for both: Crosthwaite Parish Room

Cost: £1 for members and £1.50 for visitors

<p>GRETA BODY WORKS Vehicle Body Repairer For Keswick, Cockermouth, Windermere, Bassenthwaite and Penrith Tel: 017687 72104 https://www.gretabodyworks.co.uk/</p>	<p>KESWICK GARDEN MACHINERY We sell, service, repair and carry spares for most garden machinery Tel: 017687 74434 E-mail: forestandgardencumbria@gmail.com</p>
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FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	 10:00 @ St. Andrews Stonethwaite
Borrowdale School	Half Term	17th - 21st February				2
3	4	5	6	7	8	 10:00 @ Holy Trinity Grange
			 17:30 Yoga for All @ Institute			Cake Sunday 
10	11	12	 Community Lunch @Institute	14	15	 10:00 @ St. Andrews Stonethwaite
			 17:30 Yoga for All @ Institute			
17	18	19	 Coffee morning 10am Royal Oak Hotel, Rosthwaite	20	21	 10:00 @ Holy Trinity Grange
			 17:30 Yoga for All @ Institute			Community Ceilidh 6pm doors open 6.30pm Start
24	25	26	 17:30 Yoga for All @ Institute	27	28	

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1	2  10:00 @ St. Andrews Stonethwaite Cake Sunday 
3  Coffee morning with pancakes! 10am The Institute 	4  Ash Wednesday 10:00 @ Holy Trinity Grange	5  Ash Wednesday 10:00 @ Holy Trinity Grange	6	7	8	9  10:00 @ Holy Trinity Grange
10	11	12  Community Lunch @Institute  17:30 Yoga for All @ Institute	13  Community Lunch @Institute  17:30 Yoga for All @ Institute	14	15	16  10:00 @ St. Andrews Stonethwaite
17	18	19  17:30 Yoga for All @ Institute	20	21	22	23  10:00 @ Holy Trinity Grange Cake Sunday 
24	25	26  19:00 Parish Council @Herdwick Room	27  17:30 Yoga for All @ Institute	28	29	30  British Summer Time begins 10:00 @ Holy Trinity Grange Mothering Sunday 
Clocks go forward an hour!						